

# Lifewalks November, December and January 2020

## Lifewalks - COVID-19 Guidance

Please find below the guidance for the phased return of Lifewalks

- Due to COVID-19, everyone needs to take steps to stay safe. Please follow all safety advice given by the walk leader and keep 2 metres distance from anyone outside your household or social bubble. [https://www.ramblers.org.uk/volunteer-zone/coronavirus.aspx?utm\\_source=Chairs+%26+Secretaries+March+Update&utm\\_campaign=4833a2f0b4-Coronavirus+-+guidance+for+volunteers&utm\\_medium=email&utm\\_term=0\\_3b89ec9bef-4833a2f0b4-49837360](https://www.ramblers.org.uk/volunteer-zone/coronavirus.aspx?utm_source=Chairs+%26+Secretaries+March+Update&utm_campaign=4833a2f0b4-Coronavirus+-+guidance+for+volunteers&utm_medium=email&utm_term=0_3b89ec9bef-4833a2f0b4-49837360)
- Walks will be available to book one week in advance, from Monday at 10am to Friday 11am. Only Prepaid Lifewalk members and volunteers will be able to book onto the walks at the current time.
- Booking your place. If you would like to join a walk, please book a place on line at <https://epping-forestdc.bookinglive.com/> or call 01992 564226 (phone lines open 10am to 12.45pm Monday to Friday)

Cut off for booking your walk *	Walk day
Fri 11am	Saturday
Fri 11am	Sunday
Fri 11am	Monday
Mon 11am	Tuesday
Wed 11am	Thursday

\*subject to change due to Bank Holidays

- There will be 28 spaces per walk until the guidance changes.
- If you are unable to attend, please cancel your booking so that someone else can take your place.
- Please do not turn up for a walk without booking as we will have to turn you away.
- Please be aware walks may be cancelled at short notice. All pre booked walkers will be informed.
- We recommend that walkers travel separately and ideally don't use public transport.
- You **MUST NOT** attend a walk if you are unwell or have any Covid-19 symptoms. Symptoms include a high temperature, a new continuous cough and the loss, or a change to your sense of smell or taste. Find out more about COVID-19, and what you should do if you have symptoms on [the NHS website](#)
- If you are unable to attend a session due to the above then please inform us and any paid session will be credited to use within a one month period
- If you (or someone you live with) are at higher risk of getting seriously ill from coronavirus, you should take extra care to minimise contact with others from outside your household. Taking part in an organised walk may put you and those around you at higher risk. **It may not be the right decision at this time.** Remember - everyone over 70, and those with certain underlying health conditions are considered to be 'clinically vulnerable'. You can find more information [on the NHS website](#)

## Lifewalks November, December and January 2020

DATE	TIME	LEADER	WALK NO.	MILES	LEVEL
Monday 2 <sup>nd</sup> Nov	10am	EN&DC	26	2.75	C
Tuesday 3 <sup>rd</sup> Nov	10am	DC&AO	31	2.2	D
Thursday 5 <sup>th</sup> Nov	10am	EN&DC	4	2.25	A
Saturday 7 <sup>th</sup> Nov	10.30am	EN&RN	2	1.8	A
Sunday 8 <sup>th</sup> Nov	10.30am	DC&SH	27	2.95	C
Monday 9 <sup>th</sup> Nov	10am	DC&EN	13	1.75	B
Tuesday 10 <sup>th</sup> Nov	10am	DC&AO	3	1.8	A
Thursday 12 <sup>th</sup> Nov	10am	DC&EN	11	2	B
Saturday 14 <sup>th</sup> Nov	10.30am	RN&EN	8	1.75	A
Sunday 15 <sup>th</sup> Nov	10.30am	SH&NJ<CJ	6	2.25	A
Monday 16 <sup>th</sup> Nov	10am	DC&EN	21	3	B
Tuesday 17 <sup>th</sup> Nov	10am	DC&AO	7	2	A
Thursday 19 <sup>th</sup> Nov	10am	DC&EN	29	1.9	C
Saturday 21 <sup>st</sup> Nov	10.30am	EN&RN	15	2.25	B
Sunday 22 <sup>nd</sup> Nov	10.30am	DC&SH	10	1.7	B
Monday 23 <sup>rd</sup> Nov	10am	EN&DC	5	2.6	A
Tuesday 24 <sup>th</sup> Nov	10am	DC&AO	17	2.25	B
Thursday 26 <sup>th</sup> Nov	10am	DC&EN	3	1.8	A
Saturday 28 <sup>th</sup> Nov	10.30am	EN&RN	9	2.34	A
Sunday 29 <sup>th</sup> Nov	10.30am	SH&NJ, CJ	16	2	B
Mon 30 <sup>th</sup> Nov	10am	DC&EN	13	1.75	B
Tues 1 <sup>st</sup> Dec	10am	DC&AO	26	2.75	C
Thurs 3 <sup>rd</sup> Dec	10am	DC&EN	31	2.2	D
Sat 5 <sup>th</sup> Dec	10.30am	EN&KM	1	0.8 to 1.6	A
Sun 6 <sup>th</sup> Dec	10.30am	SH&DC	27	2.95	C
Mon 7 <sup>th</sup> Dec	10am	EN&DC	2	1.8	A
Tues 8 <sup>th</sup> Dec	10am	DC&AO	24	2.9	B
Thurs 10 <sup>th</sup> Dec	10am	DC&EN	21	3	B
Sat 12 <sup>th</sup> Dec	10.30am	EN&RN	30	1.8	C
Sun 13 <sup>th</sup> Dec	10.30am	SH&KM	4	2.25	A
Mon 14 <sup>th</sup> Dec	10am	DC&EN	2	1.8	A
Tues 15 <sup>th</sup> Dec	10am	DC&AO	11	2	B
Thurs 17 <sup>th</sup> Dec	10am	DC&EN	4	2.25	A
Sat 19 <sup>th</sup> Dec	10.30am	EN&RN	3	1.8	C
Sun 20 <sup>th</sup> Dec	10.30am	SH&DC	26	2.75	C
Mon 21 <sup>st</sup> Dec	10am	DC&EN	7	2	A
Tues 22 <sup>nd</sup> Dec	10am	DC&AO	27	2.95	C
Thurs 24 <sup>th</sup> Dec	10am	DC&KM	6	2.25	A
Sat 26 <sup>th</sup> Dec	No Walk B/H				
Sun 27 <sup>th</sup> Dec	No walk B/H				
Mon 28 <sup>th</sup> Dec	No walk B/H				
Tues 29 <sup>th</sup> Dec	10am	DC&AO	17	2.25	B
Thurs 31 <sup>st</sup> Dec	10am	DC&KM	5	2.6	A

## Lifewalks November, December and January 2020

Sat 2 <sup>nd</sup> Jan	10.30am	RN&EN	4	2.25	A
<b>DATE</b>	<b>TIME</b>	<b>LEADER</b>	<b>WALK No</b>	<b>MILES</b>	<b>LEVEL</b>
Sun 3 <sup>rd</sup> Jan	10.30am	SH&DC	24	2.9	B
Mon 4 <sup>th</sup> Jan	10am	DC&EN	6	2.25	A
Tues 5 <sup>th</sup> Jan	10am	DC&AO	11	2	B
Thurs 7 <sup>th</sup> Jan	10am	EN&DC	7	2	A
Sat 9 <sup>th</sup> Jan	10.30am	EN&RN	8	1.75	A
Sun 10 <sup>th</sup> Jan	10.30am	SH&NJ,CJ	28	2.3	C
Mon 11 <sup>th</sup> Jan	10am	DC&EN	26	2.25	C
Tues 12 <sup>th</sup> Jan	10am	DC&AO	3	1.8	A
Thurs 14 <sup>th</sup> Jan	10am	DC&EN	4	2.25	A
Sat 16 <sup>th</sup> Jan	10.30am	EN&RN	27	2.95	C
Sun 17 <sup>th</sup> Jan	10.30am	SH&DC	9	2.34	A
Mon 18 <sup>th</sup> Jan	10am	EN&DC	24	2.9	B
Tues 19 <sup>th</sup> Jan	10am	DC&AO	5	2.6	A
Thurs 21 <sup>st</sup> Jan	10am	EN&DC	2	1.8	A
Sat 23 <sup>rd</sup> Jan	10.30am	EN&RN	16	2	B
Sun 24 <sup>th</sup> Jan	10.30am	SH&NJ,CJ	29	1.9	C
Mon 25 <sup>th</sup> Jan	10am	EN&DC	11	2	B
Tues 26 <sup>th</sup> Jan	10am	DC&AO	21	3	B
Thurs 28 <sup>th</sup> Jan	10am	DC&EN	6	2.25	A
Sat 30 <sup>th</sup> Jan	10.30am	EN&RN	3	1.8	A
Sun 31 <sup>st</sup> Jan	10.30am	SH&DC	28	2.3	C

\* For key to walk number and level please look at current Lifewalks pdf